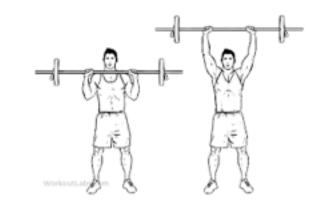
## **Shoulder Press**

## **Key Points**

- 1. Hip-width stance
- 2. Hands just outside of shoulders
- 3. Elbows slightly in front of the bar
- 4. Full grip on the bar
- 5. Bar moves over the middle of the foot
- 6. Torso and legs static
- 7. Heels down
- 8. Shoulders push up into the bar
- 9. Complete at full arm extension



## Perfect reps (10)

| potter Responsibility: |  |
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| fuscles Worked:        |  |
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| oaching Cues:          |  |
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